

the Co-op

the official newsletter of your community grocery

A MONTHLY NEWSLETTER FROM THE DIXON COOPERATIVE MARKET

ISSUE #4 JANUARY 2006

WWW.DIXONMARKET.COM



The President's C o r n e r ~ Clark Case

The first Sunday of every month, all of our members enjoy ten percent off at the Co-Op. But because we were closed New Year's Day the members' discount day will be on the eighth, so don't forget to come in and buy your monthly supplies. It's just one of the privileges of membership at the Dixon Cooperative Market.

January also brings the most important privilege of membership, your ticket to the annual meeting of members. This year the annual meeting will be held Saturday, January 28, at 5:00 p.m. at the Embudo Valley Community Center. This important meeting gives you a chance to help the board of directors guide the Co-op in the direction you would like it to go. Do you have an idea, suggestion, or complaint? Now is the time to air it.

The other important point of business at this meeting is the election of Board members. This year there are two board seats up for election. At the time of this writing, I don't know whether Jeff and Linda, the two seats up for election, will be running again. Regardless of their intent, it is important to offer our members as large of a selection of candidates as possible to choose from. If you have a desire to help your community face the challenge of providing a reliable source of quality food, you should consider running for

the board, especially if you have a special interest or talent that would help the Co-op thrive in the next couple of years. All seats carry a two year commitment, and board members meet at least once a month to oversee the operation of the store.

We would like all candidates to announce their intent to run by the 11th of the month so we can put their names on the agendas that will be mailed out to you two weeks before the meeting. The only requirement is that you are a member who can come to the meetings.

The next two years are going to offer special challenges as the Library looks to expand the building to include a commercial kitchen that will be operated by the Co-op. You might be the person best suited to help us put together the vision of how this community kitchen can best serve all of us who live here in Northern New Mexico. It could even be a chance to create a model other small towns all over the country could look to, an example of one group of people organized to bring a healthy alternative to the food distribution system, an alternative that gives their community an investment in its future for the benefit of all members. If this

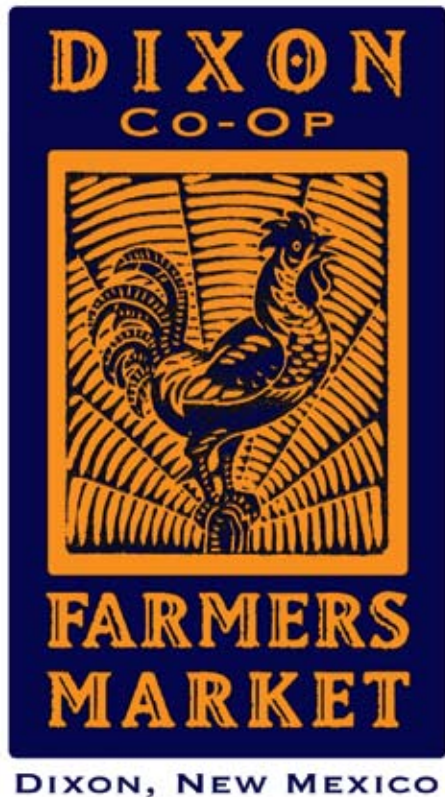


January's canine pin-up is Benny. We're not sure how it happens, but every time he comes by the store, the refrigerators are running smoothly, the egg supply is good, and the ice freezer is stocked. He's an amazing little beagle.

sounds like something you are interested in, I highly recommend joining us on the board. For me it has been the most rewarding community service I have ever done. Leave a letter of intent with a brief personal profile with one of the managers by closing time on Wednesday the 11th, and we'll put your name on the ballot. And if you can't run this year, at least come to the meeting to let us know how you think we're doing.

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**The Dixon Co-op
Farmers' Market:
A New Year,
A New Market
by Jeff Spicer**

With the frosty temperatures and short days of January, the Farmers' Market seems like such a long way away. But changes are afoot and we need to get adjusted as soon as possible.

The primary issue is that the Farmers' Market will need a new manager. I no longer have the time to devote to the task, and let's face it, the Dixon Farmer's Market could use some fresh energy on the management end. So if your Wednesday afternoons are free, or will be come mid-June, please consider taking on the role of Market manager. We would like someone to take up the reigns as soon as possible because we want to send the new manager to the New Mexico Farmers' Markets Conference in Santa Fe on January 27th and 28th.

This is an opportunity to meet and hear from other market managers from around the state, (as

well as a few from Colorado and Arizona). You'll learn about innovative approaches they've taken in their communities to increase sales, traffic and fun at their markets. Please stop at the store and let Funny or Nelson know if this appeals to you and we'll fill you in on the details of what is required.

It has also been suggested that a flea market could become part of the Wednesday afternoon summer activities. This could (if done correctly) benefit the Farmers' Market, the Co-op and everybody who wants to sell their fleas... and whatever else they might wish to peddle. The issue has been brought up before, but the logistics seemed too daunting for us to tackle at the time. 2006 may well be the year to expand the Wednesday activities. Please give some thought to this idea and come to the annual Dixon Farmers' market meeting in the spring (date to be announced) and give us your feedback.

Again, if you have an interest in running the Farmers' Market, let Funny or Nelson know, or call me at 579-0013.

**HAPPY NEW YEAR
FROM ALL OF US AT THE
CO-OP... AND WISHING YOU
THE BEST IN 2006.**

A Trip Around the Database

Every time I start digging around in the Co-op's computer, I always learn some fascinating piece of information. In a way it's like looking at a detailed map of a place that you think you are very familiar with, illuminating an entirely new perspective. (Oh so THAT is where North is...) Anyway, thought I'd share some of these bits of information with you. On a cold winter morning I unearthed the following:




Donal Kinney, CPA
Tax Preparation
& Planning
www.beanplanter.com
Dixon: 579-4488
Santa Fe: 505-474-6733
donal@beanplanter.com



**VOLUNTEER OF THE
MONTH
Aiya Ortiz**

Thanks Aiya.. always a pleasure to see your smiling face behind the register!

Membership

- 199 Annual
- 37 Senior
- 20 Lifetime/Charter
- 256 total households

Mailing Address

- New Mexico**
- Dixon 138
- Embudo 45
- Ojo Sarco 12
- Chamisal 10
- Peñasco 8

See membership pg. 3

Essential Remedios

by Linda Griffith

Greetings of the season and the new year to all our neighbors! I hope your holiday was full of beautiful songs, family, joyous gatherings...and gratitude for all the blessings we receive!

I thought I would touch on a few issues that can affect children at this time of the year.

Chronic ear infections seem to plague some children during their early years...especially if they have been overexposed to drug therapy and then develop resistance to antibiotics. This also can lower one's immunity. Natural remedies can help prevent this cycle.

At the first sign of ear trouble, you can make a mixture (remember, use only organic, therapeutic grade, essential oils) of 3 drops of Roman chamomile to a bowl of hot water, and apply a compress as warm as is comfortable over the ear. Reapply a new compress when it cools, adding more chamomile oil as needed. Then, make a blend of 3 drops of Chamomile, 3 drops of Lavender, and 1 ounce of carrier oil. Roll bottle gently between your hands to mix. Put a dab of this mixture on a cotton ball and gently place in the ear. This can be replaced 3 times a day with a fresh cotton ball and can be continued until the infection is gone.

Daily eucalyptus inhalations will loosen mucus and fight infection. Add 3 drops of Eucalyptus globulus to steaming water. Have the child inhale the steam with a towel covering the head.

Keep eyes shut during inhalation. This can be used for nervous tension and stress, mental and physical fatigue, headaches, respiratory problems, asthma, colds, etc. with various other oils.

After an ear infection, massage the child's neck one to three times a week, along the lymph area (in the hollow under the ear, along the pulse in the neck, and down to the hollow above the collarbone), for a few months. If you want to make

it a pleasant aroma and relaxing experience, you can use a couple drops of the above Lavender and Roman chamomile blend, and you will both enjoy the nurturing.

An ear infection can be a serious condition. Consult a health-care practitioner to monitor your child's progress.

During this time of the year, it seems that people are more susceptible to colds, flus and fever. Preventative measures can be taken against these contagious diseases. Add 2 drops of Eucalyptus or Melaleuca (tea tree) to several drops of a vegetable-derived carrier oil...mix together...and add to bath water each time you bathe your child. You can also cleanse and purify the air while sleeping by adding 6 to 8 drops of Eucalyptus oil to a diffuser or warm-air vaporizer. Or, put a couple drops of the oil on a tissue...and tuck under the pillow where the child is sleeping.

A warm massage is quite comforting when a child is experiencing flu or cold symptoms. To 1 ounce of carrier oil, add 2 drops of Lavender, 1 to 2 drops of *Eucalyptus globulus*, and 2 drops of Roman chamomile. Very gently massage the areas of most discomfort. To loosen mucus, you can rub the chest with this formula...moving from the middle of the chest out towards the armpits. The anti-infectious properties of these oils can hasten the recovery.

For a tummy ache, tuck the child into bed. You can massage the tummy with a blend you have made containing 1 ounce of carrier oil and 4 drops of Roman chamomile. Cover with a warm flannel and a hot water bottle or heating pad.

With all the excitement of the holidays, children can become over-excited and overwhelmed. You can help to calm the over-stimulation by adding Mandarin, Grapefruit or Orange essential oils to an aromatherapy diffuser. Make a little girl's "perfume"

membership cont. from pg.2

Taos 5
 Llano San Juan 5
 Santa Fe 4
 Santa Cruz 3
 Truchas 2
 Vadito 2
 Velarde 2
 Albuquerque 2
 Fairview 2
 Arroyo Hondo
 Arroyo Seco
 Los Alamos
 Guadalupita
 Alcalde
 Hernandez
 San Juan Pueblo
 and Española
 all have 1 household

California 3

Colorado 2

Texas 1

Florida 1

Maryland 1

Sales Figures
 (rounded)

\$134,600 in sales
 (\$111,000 to members)

Sales by Month

June: \$6,300

July: \$13,900

August: 17,500

September: 22,000

October: \$24,400

November: \$25,000

December: \$25,500

(with a couple more days to go)

of items sold: 49,138

of customers: 16,913

busiest hour for sales:

4:00 -5:00 PM with 13.6%

least busiest hour:

10:00-11:00 am with 7.7%

cups of coffee sold: 687

Slush Puppie Medium: 402

Slush Puppie Large: 330

Slush Puppie Small: 222

See remedios pg. 3

JANUARY EVENTS

- 5th- Buying Club orders due
- 12-14- Quivera Coalition
Annual Conference in Albu-
querque. For more info, visit:
www.quiveracoalition.org
- 13th- Buying Club shipment in
- 18th-29th Annual Winter Wine
Festival at Taos Ski Valley
- 19th- Community Film Series
"the Witness" 7PM at the
Community Center
- 28th- Co-Op Membership
Annual Meeting 5:00PM at
the Community Center
- 29th- Chinese New Year
(it's the year of the Dog!)

*Want to contribute to The Coop
Newsletter? Send stories, ideas,
recipes and photos to:
jeffspicer@dixonmarket.com*

Pommes au four (Apples in the Oven)

About this time of year, my stored apples start feeling a bit soft and wrinkly. What to do? Feed 'em to the chickens? Throw 'em at passing SUV's from Texas? No, of course not! Here's a simple recipe from our very own frugal gourmet, Funny Hendrie. And if you don't have your own wrinkly apples, the Co-op is sure to have a few:

Take as many apples as you want to eat. Peel and core them and put them in an oven-proof dish. Put a piece of butter inside each one, sprinkle with sugar, add 1 or 2 tablespoons of water and cook at medium heat for about 35 minutes.

One can even cook them on the stove top in a covered pan, taking care not to burn the caramelized sugar syrup!

remedios cont. from pg.3

from equal parts of Mandarin and Sandalwood, and a couple drops of a carrier oil, and dab behind the ears and at the nape of the neck. When it is bedtime, and the children refuse to go to bed, help them wind down in a warm bath to which you have added 3 drops of Sandalwood and 3 drops of Lavender in several drops of a carrier oil. I also have a wonderful relaxing blend called Peace and Calming, which is useful for these times.

Scented blessings to all for a healthy new year !

**The Co-Op needs a bookkeeper.
This is a paid position. If you
are interested, please leave a
resumé at the Co-Op or
mail one to us at
PO Box 250 Dixon, NM 87527
by January 11th**

Advertise in "The Coop" for pennies a day!
email jeffspicer@dixonmarket.com for more info

SUPPLIER OF THE MONTH

Terry Montaño

Terry keeps the Coca-Cola flowing in the Embudo Valley. Thanks, Terry.



Linda Griffith's Old Tyme Remedios

505.579.4678 or momasita@cybermesa.com

Essential Oils were mankind's first medicine. We know from Egyptian hieroglyphics, Chinese manuscripts, and the Bible that Essential Oils have been used therapeutically for thousands of years.

Raindrop Technique a sequence of anointing with oils and laying-on of hands in a relaxing and invigorating manner to promote health and well-being.

Jin Shin Jyutsu an ancient Japanese healing art, brings balance to the body's energies, which promotes optimal health and well-being, and facilitates our own profound healing capacity.